

Broiled Grapefruit Halves

Makes: 2 Servings

Focus on fruits with this easy broiled grapefruit halves recipe. Use fresh grapefruit as a quick and easy snack or as part of a nutritious breakfast.

Ingredients

- 1 fresh grapefruit (cut in half)
- 2 teaspoons sugar
- 1/4 teaspoon ground cinnamon

Directions

1. Preheat broiler.
2. Sprinkle sugar and cinnamon over both halves of the grapefruit and place on baking sheet.
3. Broil until sugar melts and starts to bubble.

Notes

Tips: You can also make this in a toaster oven, using the broiler setting.

Source: Recipe adapted from Food.com

Nutrition Information

Nutrients	Amount
Calories	60
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	0 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	13 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	19 mg
Iron	N/A
Potassium	N/A
N/A - data is not available	